



SIPPICAN SOUNDINGS

News from the Marion Council on Aging **September 2013**

The Marion Council on Aging's mission is to advocate on behalf of Marion's Older Adult population. The Council on Aging strives to enhance the quality of life for Older Adults in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging
2 Spring St.
Marion, MA 02738
508 748-3570
Fax: 508 748-2845

Monday, Wednesday & Thursday 8:00-1:00
Tuesday & Friday 9:00 - 1:00 or appt.
Visit us on line @ www.marionma.gov

Susan J. Schwager, Director
Ora Mae Torres, Outreach
sschwager@marionma.gov

SHELTER-IN-PLACE FOR A HURRICANE

Shelter-in-Place is a standard protective action utilized in Emergency Management. It is used during an event in which hazardous materials have been accidentally released into the atmosphere, or dangerous conditions, such as hurricanes, flooding, blizzards, or law enforcement activity when it is safest to remain indoors.

Planning for Shelter-in-Place

- Assemble an [Emergency Kit](#) to keep in your home.
- If you undergo routine medical treatments or receive home health services, work with your service provider in advance to understand options during an emergency where you could not leave your home and service providers could not come to your home.
- Install hurricane shutters or prepare pre-drilled plywood sheets to protect windows. (Masking tape does not work.)
- Learn how to shut off systems that involve air handling in case you are asked to turn them off, including fans, air conditioners, kitchen & bath exhaust fans, forced hot air heating systems and other sources of outside air.

If You Are Asked to Shelter-in-Place

- Bring all family members and pets indoors. Remain indoors, preferably in a room in the center of the home with the fewest windows and doors, until instructed otherwise.
- Close and lock all windows and doors to ensure a tight seal.
- Close drapes, blinds and window shades.
- Do not call 9-1-1 unless you have an emergency. Call 2-1-1 for information or questions.
- Stay tuned to your Emergency Alert System radio station or other news media to get updated information.
- Locate your [Emergency Kit](#) and keep it nearby in case you need it.
- Since emergency conditions can change quickly, be prepared in case you need to leave your home or are asked to [evacuate](#).
- If you are in your vehicle and instructed to 'Shelter in Place' and are close to your home, workplace or a public building, go there immediately.

From: MEMA (Massachusetts Emergency Management Agency)

HEALTH & WELLNESS**YMCA**

Tuesday and Thursday—pick up at 10:00 and return at 12:30. Scholarships are available.

STEP & STRETCH

Tuesday and Thursday 1-2 pm at the Rochester COA. Transportation provided.

SENIOR STRETCH

Tuesday, Thursday & Friday 9:30-10:30 @ First Congregational Church Fellowship Hall. Sponsored by Friends of Marion Visiting Nurse. 10 week sessions \$45.00. (Try once for free) Sign up for one, two or three days.

LOW IMPACT AEROBICS

Mondays and Fridays at Atlantis Drive Facility from 9:00-10:00. \$4.00.

PUBLIC HEALTH NURSE

Nurse is available for health consultation, Blood Pressure & Glucose monitoring, wound assessment and routine adult vaccinations on Mondays @ Town Hall from 9:30-11:30 am. The nurse is available by appointment Tuesday—Friday.

MEALS ON WHEELS

Delivered weekly to home bound elders.

PODIATRY CLINIC

Next clinic is October 21st. Call for appointment.

SOCIAL DAY PROGRAM

Monday—Friday to the Fairhaven Social Day Program. Pick up begins @ 7:45 am, and return @ 2:30 pm.

MEDICAL EQUIPMENT

Walkers, bath seats, commodes, etc. Free loan.

FRIENDSHIP TABLE

Free meal at St. Gabriel's Church in Marion, 1st Thursday and the 3rd Thursday at the Congregational Church Community Center at 5:00.

SHINE COUNSELOR

(Serving Health Information Needs of Elders)

Health Insurance questions answered. Appointments are needed. Call the COA.

TRANSPORTATION

You must call at least 48 hours in advance.

*****IF YOU MUST CANCEL ANY RIDES PLEASE CALL THE OFFICE.**

MEDICAL APPOINTMENTS:

Wareham area Monday am & Thursday pm.

Dartmouth & N. Bedford Monday pm & Thursday am.

Plymouth on the 4th Tuesday of the month. **Boston** on the 1st & 3rd Tuesday of the month.

SHOPPING: Every Wednesday to Market Basket—pick up at 12:30. Alternate Fridays to Shaws in Wareham and Fairhaven Marts, pick up 12:30.

If you have other errands please arrange those with the above schedule.

Suggested donations are as follows:

Local medical visits: \$2.75—Dialysis: \$5.50—Boston: \$50.00—Food Shopping: \$2.00. These amounts are also posted in the vans.

OUTREACH WORKER

Outreach Worker is available to meet in your home to assist with information, referrals, or assistance with applications. Call for appointment.

Residents may also request an appointment at the COA office at the Town Hall. **The building is Handicap Accessible** via a ramp which is located at the rear of the building.

A reminder to all who receive fuel assistance: when you receive your new application please look it over carefully and make sure the information is correct. Make any necessary changes, sign, date and return your application with current proof of income and any other documentation. Proof of any source of income is needed every year.

Emergency Funds for Marion residents in need of emergency services such as food, fuel, utilities, medications.

NEWSLETTER ON LINE

Please send your email address to: sschwager@marionma.gov.

SPEAKER SERIES

The series will begin in October. Let us know if you have an idea for a topic. Please note change in time. The series will begin at 12 noon. Bring your lunch and we will supply the drink and dessert.



Photo by Matthew Bernat-
From left: Chrissie Bascom, Susan Schwager, Sue Wood,
Priscilla Ditchfield, and Jerry Garcia

FRIENDS OF MARION COA MAKES FIRST DONATION TO MARION COA

The Friends of Marion COA has made its first donation to the Marion Council on Aging. The Friends is a newly-formed charitable organization whose purpose is to raise money in order to help with the funding of various projects that support and enhance the operation of the Marion Council on Aging. At a regularly scheduled meeting of the COA on July 15, 2013, the Friends announced that they would be presenting

the COA with a check for \$2,500 to be used initially to expand the distribution of the Council's monthly newsletter.

The Friends was formed as a 501 (c)(3) in the fall of 2012 with the support of over 50 Charter members. They conducted the first annual membership drive in May with a distribution of brochures to every household in the town of Marion. Using some of the proceeds from these two efforts, the Friends' Board of Directors voted to donate \$2,500 to support the COA's efforts to increase the availability of information about its programs and services to those aged 60 to 65; this part of our population does not currently receive the monthly COA newsletter. Susan Schwager, the Director of the Marion Council on Aging, had presented this project to the Friends as a priority need.

In addition to supporting the COA financially, the Friends continues to research activities that will enhance the quality of life in Marion for all its citizens, including the development of a community calendar and long-range planning for a community center. Our first annual Membership Meeting will be held on Wednesday, October 9 at 5pm at the Music Hall. For additional information about the Friends of Marion COA and a membership application, please log on to www.fmcoa.org, or contact Susan Wood,

SEPTEMBER BIRTHDAY GREETINGS TO:

- | | | | |
|---------------------|------------------------|------------------------|---------------------|
| 1. Sally Payne | 8. Joyce Balestracci | 15. Patricia Wyche | 24. Margaret Butts |
| Mary Sands | Richard Wicker | Patricia Duane | Louisa Shaw |
| Alan Lynch | 9. Dick Anderson | Eric Pierce | Glenn Bergquist |
| Mario Soares | Elizabeth Durfee | Penelope Harvey | Lorinda Callahan |
| Ruth Finnie | Stanley King | Robert Raymond | Janice St Pierre |
| Jack Bozoyan | Lillian Andrews | 16. Pauline Hiller | Gail Blout |
| Margie Baldwin | Russell Hotte | Kathleen Feeney | Priscilla Hanafée |
| Bill Titcomb | 10. Shirley Hughes | Michael Taylor | Donald Acher |
| 2. Burt Pina | Richard Giberti | Judith Redway | Don Wing |
| Barbara Fuller | Ann Leal | 17. Nelson Costa | Alfred Gonsalves |
| Warren Blake | Jennifer Keefe | Leedia Macomber | 25. Nicholas Makrys |
| Nancy McFadden | Pat Lemire | Rosalinda Silva | James Feeney |
| 3. Bob Anderson | Jeff Tripp | Harry DaSilva | Lysa Riccardi |
| Charles Brown | Colleen Strout | Dick Jackson | Gloria Swingle |
| Robert Wedge | 11. Sally Serpa | 18. Stanley Niksa | Charles Lanagan |
| Dennis Maxey | Phyllis Pina | Pat Figueiredo | 26. Steven Rogers |
| Jane MacDonald | Nancy Rolli | Sheila Rubdi | Mary Richardson |
| 4. Sharon Young | Leslie Brown | Margaret Vulgaris | 27. Laverne Wallace |
| Mary Barron | Carol Shannon | 19. Felix Gomes | Marilyn Whalley |
| Barbara Luce | 12. Margaret Denley | Ben Dunham | 28. Cynthia Andrews |
| Jan Dorman | Dolores Cabral | David Parsons | Cathy Dunn |
| Cherrell Hughes | Sarah Fallon | Robert Robidoux | Evelyn Crocker |
| John Sylvia | Russell Gunschel | Judy Trahan | Paul McGalliard |
| 5. Nancy Clarke | Ronald Keirstead | 20. Harvey Goldfarb | 29. Sally Tomasik |
| Barbara Marotta | 13. Richard Callahan | John Buckley | Christina Bascom |
| Ines Tetreault | Susan Granger | 21. Annie Rockwell | Elena Lovett |
| Bea Wilson | Diane Lopes Flaherty | Beth Livsey | Faith Paulsen |
| 6. Danielle Francis | Lee Hayes | David Pierce | 30. Grace Cobb |
| Eileen Piehler | Susan Nichols | 22. Roy Rehbein | James Soden |
| William Hanson | 14. Baron Martin | Peter Borsari | Chris Rezendes |
| Dennis Luttrell | George Chamberlain III | David Barrett | Maureen Lamoureux |
| Robert Sylvia | Eric Radin | David Briggs | Bob Tremblay |
| Nancy Childs | Joanna Bryant | Jenny Pina | Linda Wynn |
| Shirley Kinney | Bryan McSweeney | 23. Truman Terrell III | Floyd Badger |
| 7. Harold Wile | Jennie Stinson | | Gail Coble |
| Joseph Paiva | Suzanne Peterson | | |
| Joseph Conklin | Frank Germano | | |
| Rob Zora | | | |
| Donald Anderson | | | |

